

**FAKULTAS KESEHATAN  
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**ABSTRAK**

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**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PENERAPAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) DI ERA ENDEMI COVID-19 PADA MURID SEKOLAH DASAR**

Pandemi Covid-19 telah membawa perubahan signifikan dalam kehidupan masyarakat, termasuk perilaku kesehatan individu. Di era transisi menuju endemi Covid-19, penerapan Perilaku Hidup Bersih dan Sehat (PHBS) menjadi salah satu upaya penting dalam menjaga kesehatan, khususnya bagi anak-anak sekolah dasar. Penelitian ini bertujuan untuk menganalisis faktor-faktor yang berhubungan dengan penerapan Perilaku Hidup Bersih dan Sehat (PHBS) pada murid Sekolah Dasar di era endemi Covid-19. Penelitian dilakukan dengan pendekatan kuantitatif menggunakan desain *cross-sectional*. Populasi penelitian adalah siswa kelas IV, V, dan VI di Sekolah Dasar Desa Jelat, Kabupaten Ciamis, yang diambil selama periode Juli hingga Oktober 2024. Variabel bebas yang diteliti adalah pengetahuan, sikap, dukungan guru, dan dukungan orang tua. Variabel terikat yang diteliti adalah penerapan PHBS di era endemic Covid-19. Populasi penelitian berjumlah 174 murid, dan sampel sebanyak 120 responden diambil menggunakan teknik *probability random sampling* dengan teknik sampel acak sederhana melalui undian/kocokan. Data dikumpulkan melalui kuesioner terstruktur yang mencakup variabel pengetahuan, sikap, dukungan guru, dan dukungan orang tua. Teknik analisis data dilakukan secara univariat dan bivariat dengan menggunakan uji statistik *chi-square*. Hasil penelitian menunjukkan adanya hubungan signifikan antara pengetahuan (*p-value* 0,014), sikap (*p-value* 0,001), dukungan guru (*p-value* 0,005), dan dukungan orang tua (*p-value* 0,001) dengan penerapan PHBS di era endemi Covid-19 pada murid Sekolah Dasar. Penelitian ini menekankan pentingnya pendidikan kesehatan dan peran aktif lingkungan, termasuk dukungan dari orang tua dan guru, dalam mempromosikan perilaku sehat pada anak-anak sekolah dasar di era endemi Covid-19. Penelitian lanjutan disarankan untuk mengeksplorasi strategi intervensi berbasis komunitas dan sekolah guna meningkatkan kesadaran dan penerapan PHBS secara berkelanjutan.

**Kata Kunci:** Perilaku Hidup Bersih dan Sehat, PHBS, Covid-19, endemi, murid Sekolah Dasar, kesehatan masyarakat, promosi kesehatan

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**ABSTRACT**

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**FACTORS RELATED TO THE IMPLEMENTATION OF CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) ON THE ERA OF COVID-19 ENDEMIC IN ELEMENTARY SCHOOL STUDENTS**

The Covid-19 pandemic has brought significant changes to people's lives, including individual health behaviors. During the transition to the Covid-19 endemic era, implementing Clean and Healthy Living Behavior (PHBS) has become a crucial effort in maintaining health, particularly for elementary school children. This study aims to identify the factors associated with the implementation of Clean and Healthy Living Behavior (PHBS) among elementary school students during the endemic phase of Covid-19. The research utilized a quantitative approach with a cross-sectional design. The population was fourth, fifth, and sixth-grade students from an elementary school in Jelat Village, Ciamis Regency, surveyed between July and October 2024. The independent variables examined included, knowledge, attitudes, support from teachers, and support from parents. The dependent variable was the implementation of Clean and Healthy Living Behavior (PHBS) the endemic phase of Covid-19. The population in this study was 174 student, and a sample of 120 respondents was selected using a probability random sampling technique through a draw. Data were collected through structured questionnaires covering variables such as, knowledge, attitudes, and support from parents and teachers. Data analysis was performed using univariate and bivariate techniques with chi-square statistical tests. The research results stated that there was a relationship between knowledge (p-value 0.014); attitude (p-value 0.001); support from teachers (p-value 0,005); and support from parents (p-value 0.001); The findings revealed significant correlations between knowledge, attitudes, teacher support, and parental support with the implementation of PHBS. This study highlights the importance of health education and the active role of the surrounding environment, including parental and teacher support, in promoting healthy behaviors among elementary school children in the Covid-19 endemic era. Further research is recommended to explore community- and school-based intervention strategies to enhance awareness and sustainable implementation of PHBS.

**Keywords:** Clean and Healthy Living Behavior, PHBS, Covid-19, endemic, elementary school students, public health, health promotion